

# Don't miss SmartHealth's Early Bird Bonus – Governor's Challenge

Take your Well-being Assessment by **March 31, 2015**,  
and you will earn **100 bonus points\***!

SmartHealth's Well-being Assessment is the first step in earning points toward a \$125 wellness incentive in 2016. It can help you understand your strengths and areas for improvement, and suggest SmartHealth activities to help you reach your well-being goals.

Earn 800 points by completing the Well-being Assessment—  
take it by March 31, 2015, and you'll earn **100 bonus points\***.

*\*Bonus points will be awarded on April 8, 2015.*



**Earn rewards. Be healthy. Have fun!**

**After completing your  
Well-being Assessment,  
check out these new  
SmartHealth activities:**

- **Livin' La Vida Local:**

Make a 100 percent locally sourced meal at least once per week (up to 450 points)

- **Conquer Your Inbox:**

Spend dedicated time clearing your digital clutter (50 points)

- **7-Minute Workout:**

Seven minutes is all you need to start making strides (up to 450 points)

SmartHealth

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HCA 66-069 (3/15)

**Log in today at  
[www.smarthealth.hca.wa.gov](http://www.smarthealth.hca.wa.gov)  
to learn more!**